



Life Bliss
Foundation



Confusion is the first
step to enlightenment


Nithyananda



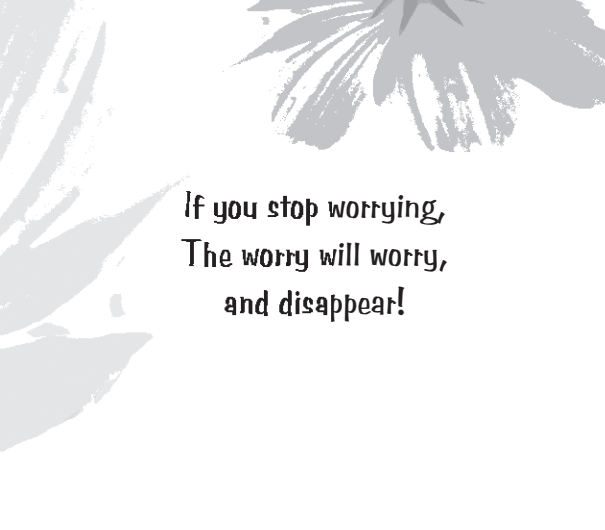
Are you worrying?







If you cannot stop worrying,
you cannot
start living.



If you stop worrying,
The worry will worry,
and disappear!

Are you in confusion?



When you are confused
be clear that
you are very close to
CLARITY.





A Zen master once said:
Only two people will have confusion.

1. Enlightened one
2. An idiot






Confusion is

- a confirmation that you are not
in the second category.
- step in the process of clarity





Is anger killing you
and others?



The life solutions of masters
are the speed converters.



Do you hate anybody?






A Sufi saying goes:

If the speed is increased,
a gentle breeze can become a tornado.

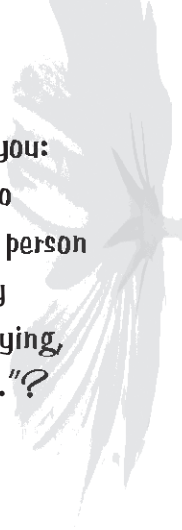
If you find a method to
reduce the speed of the tornado,
you can create a breeze.



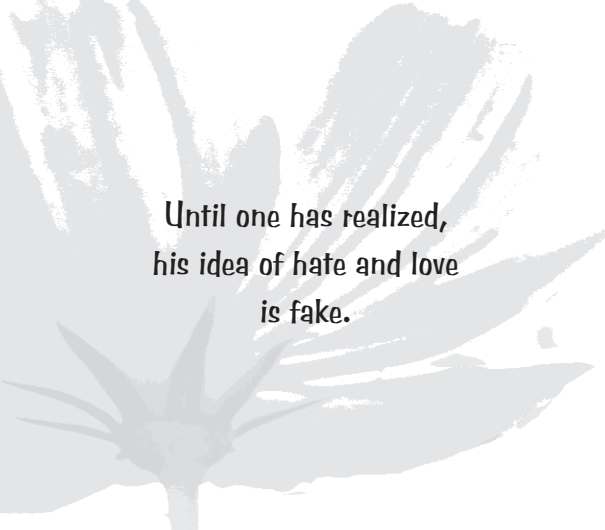


If you can balance or
reduce the speed of
your anger,
anger will become love,
a beautiful celebration!





I ask one question to you:
Why do you want to
remember that particular person
again and again by
making excuses and saying,
"I hate him because..."?



Until one has realized,
his idea of hate and love
is fake.




A TAO excerpt:
An idea cannot be an experience.

Think about it.







Do you want to take a step
and leap into a new inner space?

ATTEND
any of our meditation camps.

For any information contact our main
Nithyananda Meditation Academies (NMA)

USA

 **Life Bliss Foundation**

928 Huntington Dr, Duarte,
Los Angeles, CA 91010 USA

Tel.: 1-626-205 3286
email: laashram@lifebliss.org

or visit our web site at **www.lifebliss.org**



INDIA



Bangalore

Nithyanandapuri, Kallugopahalli
Off Mysore Road, Bidadi
Bangalore 562109, Karnataka

Tel.: +91 (0) 80 65591844
+91 (0) 80 27202084
Fax: +91 (0) 80 27288207
email: mail@nithyananda.org

Hyderabad

Sri Anandeshwari Temple
Nithyananda Giri
Pashambanda Sathamrai Village
Shamshabad Mandal
Rangareddy District
Andhra Pradesh 501 218

Tel.: +91 (0) 93470 65288
email: ap@nithyananda.org

Salem

36/1, Kamakshiammam Street
Peramanur
Salem 636 007

Tel.: +91 (0) 427 3098133

or visit our web site at www.nithyananda.org

"Stop Worrying...
... Start Living"

- Nithyananda



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